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NEWS WORTH SHARING.

CHEERS IN BELGIUM, GROANS IN RUSSIA

WORLD CUP ACTION: BELGIUM MOVES ON AFTER 1-0 WIN, DRAW WITH PORTUGAL MEANS U.S. NOT GUARANTEED ADVANCEMENT AND ALGERIA OUTFOXES SOUTH KOREA 4-2 PAGE 14

RIOT ROUTED

Saskatoon Valkyries running back Julie David is tackled by a member of the Regina Riot during Sunday's Western Women's Canadian Football League Prairie Conference final at Griffiths Stadium in Saskatoon. With the help of three touchdowns by David, the Valkyries toppled their provincial Queen City rivals by a score of 44-15. On July 5, the Valkyries will take on the Lethbridge Steel in Saskatoon in an attempt to score their fourth consecutive WWCFL championship. MORGAN MODJESKI/METRO IN SASKATOON

Association urges helmet use after another ATV death

Safety. Man killed in latest rollover last week was not wearing head protection

The Saskatchewan All Terrain Vehicle Association is pleading with ATV users to wear helmets after a fourth death involving the machines in the province this year.

Chris Byers, 30, of Lampman was not wearing a helmet when an ATV he was riding rolled in a field east of the town on Friday.

Authorities said Byers had gone riding alone on Thursday night and had not been heard from since. Family members and friends went searching for him and discovered his body the next day.

RCMP officers from Estevan and Lampman emergency responders were called to the scene.

John Meed, SATVA general manager, said the group is stressing helmet use through a campaign launched in May. He noted that they don't want a repeat of last year, when eight people were killed on ATVs in Saskatchewan.

"Of all the gear you're going to wear, that's probably one of the most important," Meed said of helmets.

"We want people to enjoy their ATVs and have a good time … but they've got to take care, and they've got to use common sense."

In addition to the four fatalities, Saskatchewan has seen several ATV injuries so far this year.

One of them involved an off-duty RCMP officer in the Wollaston Lake area, whom authorities believe was not wearing a helmet. He was taken to hospital with a serious head injury this month after he was thrown from an ATV owned by the Mounties.

RCMP spokespeople did not respond on Sunday to a request for an update on his condition.

However, Const. Peter Donaldson of the Estevan detachment pointed out that riders are required to wear helmets by law. The recent ATV deaths, he said, should remind the public why the law is in place.

"In light of the incidents that are happening, hopefully people will see this as a wake-up call that it can happen to anyone at any time," Donaldson said.

"It's not just a law that's meant to be inconvenient. It's meant to protect them."

The fine for failing to wear a helmet and proper eye protection while operating an ATV in Saskatchewan is $100.

MORGAN MODJESKI/METRO IN SASKATOON

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NEWS 1

Beauval

RCMP searching for two men after truck possibly fell into river

Saskatchewan RCMP used an underwater team on Sunday to search for two men who they believe might have been submerged in a truck that appeared to have fallen off a bridge over the Beaver River over the weekend.

On Saturday about 7 a.m., officers received a complaint about a possible impaired driver speeding around the community of Beauval, approximately 400 kilometres north of Saskatoon.

While patrol officers were looking for the Chevrolet Silverado pickup truck believed to be carrying two men in their 20s, they found bridge debris and vehicle parts on the span of Highway 165 near the community.

Using underwater cameras, RCMP members identified an object resembling the truck in the river, possibly more than six metres below its surface, but continued late Sunday afternoon in their search for its possible occupants.

"While it is unknown at this time if there are bodies in the vehicle, we are aware of the high probability and are going to be looking for the two males who are missing and reported to be associated to the vehicle," RCMP spokesman Sgt. Craig Cleary told Metro by email.

A group of community and family members had gathered at the scene to watch the work of the RCMP underwater recovery team.

At press time, the underwater unit had not located the men. RCMP said more information would be released as it becomes available. MORGAN MODJESKI/METRO IN SASKATOON

Group boosts youth sports, one football cleat at a time

Footwear donation. Saskatoon Sports Council and White Buffalo Youth Lodge help create level playing field

JACOB MORGAN
Metro in Saskatoon

For a group of young Saskatchewan football players, a gift of new cleats is going a long way.

Shane Carter, executive director of the Saskatoon District Sports Council, was officiating a Saskatoon Minor Football game last month and found the White Buffalo Youth Lodge (WBYL) team at a disadvantage.

"These kids came onto the field with hiking boots and shoes without laces," said Carter.

He connected with concerned community members and business partners, who together gathered more than $1,200 and provided footwear for the teen athletes.

"That will go back to White Buffalo at the end of the year," he said, "so the kids who come in next year will be able to use (the shoes)."

Carter's organization runs a used-gear drive every year for people in Saskatchewan.

"We have reserve communities from past Meadow Lake who make the drive with a van to collect enough equipment for the entire team," he said.

Michael Linklater, program director at WBYL, said the centre's mission is to break down "barriers that inner-city youth are facing."

Some of the other obstacles to participating in sports that the WBYL helps families overcome include transportation, access to facilities and nutrition, he explained.

"In any metropolis, you're going to have that issue," Linklater said.

WBYL director Heidi Gravelle added that proper equipment makes kids more likely to achieve their potential and "ultimately gives them that sense of pride."

Michael Linklater, program director at the White Buffalo Youth Lodge, says one of the centre's goals is to help underprivileged youth gain access to athletics. JACOB MORGAN/METRO IN SASKATOON

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Ken Roberts is a former Chief Librarian and member of the Royal Society of Canada's Expert Panel on the Future of Libraries. He is a children's literature author and award-winning writer for television and comedic plays, and has received both the Canadian Library Association's Outstanding Service to Librarianship Award and the Ontario Public Library Association's Lifetime Achievement Award.

Bruce Haden is a principal and architect at the design firm, DIALOG, where he recently led the design of a new library in Vancouver that incorporates YWCA housing. His projects are diverse, ranging from public buildings to First Nations projects. Bruce led the design of the Nk'Mip Desert Cultural Centre in Osoyoos, which won a 2008 Governer General's Medal in Architecture.

Quebec helicopter fugitives caught in posh Montreal waterfront condo

'We've got all three.'
Police say more arrests likely as investigation looks into possible outside accomplices

An apartment is shown Sunday in Montreal, where three prison escapees were captured earlier in the day. Police say they will likely make further arrests in the case. GRAHAM HUGHES/THE CANADIAN PRESS

These images provided by Interpol show, from left, Yves Denis, 35, Serge Pomerleau, 49, and Denis Lefebvre, 53. The three inmates, who escaped a jail near Quebec City by helicopter on June 7, were arrested Sunday at a condo in Montreal. INTERPOL/THE ASSOCIATED PRESS

The three men who police say escaped from a Quebec City-area jail by helicopter two weeks ago were captured in the early morning hours on Sunday in an upscale Montreal condo.

Quebec provincial police say investigators, accompanied by SWAT team members, arrested Yves Denis, 35, Denis Lefebvre, 53, and Serge Pomerleau, 49, at around 1:30 a.m. inside the residence.

Sgt. Audrey-Anne Bilodeau said the investigation was ongoing and further arrests were likely.

"It could be a person who helped them escape from prison, or a person who helped them hide from us," Bilodeau said.

The trio were facing charges, including gangsterism and murder, before the June 7 jailbreak.

They were to appear in a Quebec City court on Monday to face fresh charges, but police didn't spell out what the new charges would be.

A woman who lives in the building where the arrests took place said she watched from her balcony as the men were escorted in handcuffs into a police van.

France, who gave only her first name, had recently returned from a tango class when she heard a commotion.

"I knew something important was happening," she said. "I saw a police car arrive, then another, and then another ... And then I heard someone say, 'No, it's not a joke. We've got all three.'"

The condo was part of a ritzy new development in Old Montreal featuring a fountain courtyard, just steps from the historic waterfront.

THE CANADIAN PRESS

Dean Del Mastro. MP set to stand trial on charges of voter fraud in Ontario

A Member of Parliament once tasked with defending the Harper Conservatives against voter fraud allegations goes on trial Monday, accused of overspending during the 2008 federal election campaign.

Former Conservative Dean Del Mastro pleaded not guilty last month to charges under the Canada Elections Act.

Del Mastro, who now sits in the House of Commons as an independent MP and insists he did nothing wrong, is also charged with failing to report a personal contribution of $21,000 to his own campaign.

The trial, before an Ontario provincial court judge in Peterborough, is currently scheduled to last a little more than two weeks.

THE CANADIAN PRESS

Nearly 2,000 Justice staff duped into clicking mock phishing link

Many of the Justice Department's finest legal minds are falling prey to a garden-variety Internet scam.

An internal survey shows almost 2,000 staff were conned into clicking on a phoney "phishing" link in their email, raising questions about the security of sensitive information.

The department launched the mock scam in December as a security exercise, sending emails to 5,000 employees to test their ability to recognize cyberfraud.

The emails looked like genuine communications from government or financial institutions, and contained a link to a fake website that was also made to look like the real thing.

Across the globe, an estimated 156 million of these so-called "phishing" emails are sent daily, and anyone duped into clicking on the embedded web link risks transferring confidential information — such as online banking passwords — to criminals.

The Justice Department's mock exercise caught 1,850 people clicking on the phoney embedded links, or 37 per cent of everyone who received the emails.

That's a much higher rate than for the general population, which a federal website says is only about five per cent. THE CANADIAN PRESS

Albuquerque. Protesters put police chief 'on trial' over 40 recent shootings

Demonstrators advocating for drastic changes within a police agency criticized by the U.S. Justice Department over its use of force put the embattled police chief "on trial" during a rally Saturday.

Hundreds of protesters, including some who brought children, marched from Roosevelt Park with signs and a makeshift coffin inscribed with the names of people killed by Albuquerque officers in recent years.

The Police Department is under scrutiny for more than 40 police shootings — 26 of them fatal — since 2010, and the Justice Department has issued a harsh report over the agency's use of force.

The protesters marched peacefully Saturday before returning to the park to continue the rally.

The mock trial outlined how police Chief Gorden Eden has failed to stop his officers from using excessive force, said David Correia, one of the protest's organizers.

"He has to answer to these charges," Correia said. "They'll all be read before the public."

Eden, who took the job four months ago while the Justice Department was wrapping up its investigation into the department, said in a statement that police talked to protest organizers and officers would provide traffic escorts for the marchers.

"We acknowledge their First Amendment rights to voice their concerns," Eden said. "Our job will be to protect public safety during the time they are in Roosevelt Park and while they are marching. Additional officers will be on call in case they are needed."

Previous demonstrations have roiled New Mexico's largest city. At one protest, riot police deployed tear gas toward a violent crowd. Another demonstration prompted city councillors to abruptly end a scheduled meeting.

Albuquerque and Justice Department officials are negotiating over reforms that federal authorities are expected to order in the coming weeks.

Meanwhile, the police department has announced a number of new changes to training and has ordered officers to stop shooting at moving vehicles. THE ASSOCIATED PRESS

Orwellian conduct?

Thai police detain protester reading 1984

Police in Thailand arrested eight people Sunday for demonstrating against the nation's military junta, including a man who was dragged away by undercover officers for reading a copy of George Orwell's Nineteen Eighty-Four outside one of Bangkok's most luxurious shopping malls. The arrest was the first known case of anyone being detained for reading as a form of protest since the military seized power last month. Anti-coup protesters have staged several silent readings of the book elsewhere in the capital in recent weeks, saying its indictment of totalitarianism has become relevant since the army deposed the nation's elected government in a May 22 coup. THE ASSOCIATED PRESS

Pro-Russian fighters stand in line to write their signatures under text of an oath after taking the oath of allegiance to the self-proclaimed Donetsk People's Republic, on Lenin square in the city of Donetsk, Ukraine, Sunday. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Putin calling for Ukraine compromise

Insurgency. Moscow has rebuffed appeals of separatists in the east to join Russia

Russian President Vladimir Putin publicly expressed support Sunday for Ukraine's declaration of a ceasefire in its battle against pro-Russian separatists and called on both sides to negotiate a compromise.

Putin said such a compromise must guarantee the rights of the Russian-speaking residents of eastern Ukraine, who must feel like they are "an integral part" of their own country. Putin's statement appeared to signal that he sees their future in Ukraine.

Separatists in the eastern Donetsk and Luhansk regions have declared independence and asked to join Russia. Moscow has rebuffed their appeals, but is seen by Ukraine and the West as actively supporting the insurgency. Putin's conciliatory words came as Russia began large-scale military exercises and after NATO accused Russia of moving troops back toward the Ukrainian border.

Putin appears determined to keep up the pressure to force the Kyiv government to give the eastern industrial regions more power and to prevent Ukraine from moving too close to the European Union or NATO. But he also wants to avoid more punishing sanctions from the U.S. and particularly from the EU, whose leaders will meet Friday in Brussels, and therefore needs to be seen as cooperating with efforts to de-escalate the conflict.

The Kremlin initially dismissed the peace plan that Ukrainian President Petro Poroshenko laid out on Friday. But in a statement issued late Saturday, Putin said he welcomed the ceasefire and Poroshenko's "intention to take other concrete steps to reach a peaceful settlement." THE ASSOCIATED PRESS

A Kurdish security officer covers his face after seeing decomposing bodies in Kirkuk, Iraq, Sunday. EMAD MATTI/THE ASSOCIATED PRESS

Iraq. Officials say militants have captured two border crossings

Sunni militants on Sunday captured two border crossings, one along the frontier with Jordan and the other with Syria, security and military officials said as they pressed on with their offensive in one of Iraq's most restive regions.

The fall dealt Iraq's embattled Shiite prime minister Nouri al-Maliki a further blow and brought the war to the doorstep of Jordan, a key ally of the U.S.

The blitz by the Islamic State of Iraq and the Levant in Iraq's vast western desert take the al-Qaida-breakaway group closer to its dream of carving out a purist Islamic state.

Controlling the borders with Syria will also help it supply fellow fighters in Syria with weaponry looted from Iraqi warehouses, significantly reinforcing its ability to battle beleaguered Syrian government forces. THE ASSOCIATED PRESS

Keep calm and carry on buying a home

HOW TO ROLL
Alison Griffiths
metronews.ca

Just when you thought home prices couldn't possibly go higher, they have. The housing market is officially going crazy ... again. Having just posted the best May on record, up seven per cent on average nationally since last May, real estate continues to be the best investment ever. Of course, that's only for those who got in before the torrid price moves of the last couple of years, particularly in hot markets such as Toronto, Vancouver and Calgary.

Doomsayers around the globe have long been predicting a collapse of Canadian home prices. Just before Christmas, Deutsche Bank, a fairly sober institution, hysterically stated that home-sweet-home prices in the Great White North were overvalued by 60 per cent.

Proclamations like that get everyone jumpy, but none of them more so than those who purchased recently or are in the process of doing so. Real estate anxiety is understandable since a home purchase is invariably our single largest investment.

If you are fearful of being shut out of the market or hoping to cash in on price climbs ahead, buying now is probably not a good idea. Behavioural economics tell us that the retail investor (whether purchasing real estate or stocks) tends to get both manic and scared in the face of soaring prices. Those emotions propel us to make impetuous decisions.

Emotional investing also causes us to abandon normal due diligence. Eliminating standard conditional clauses such as a home inspection or financing can make an offer more appealing. But doing so adds considerable risk to the investment.

On the other hand, the impact of purchasing in an inflated market is usually ameliorated by time. The longer the time frame, the less the effect on the investment, whether it is a rental or a primary residence.

We all want to buy low and sell high. But predicting future prices is a mug's game. If the investment of your life is affordable now, and after factoring in inflation and higher interest rates in the future, time will smooth out the downturns to come.

It's hot and it's cold

- Hottest real estate market: Northwest Territories, +23.7 per cent in last year
- Coldest real estate market: Yukon, -8.5 per cent in last year

Fantasy fans bring in real cash to Northern Ireland

Giants, dragons and vengeful queens have for generations populated Northern Ireland's folk tales. Now, such creatures are visiting the land in a different version — on the sets for the hit TV show Game of Thrones. But rather than spells and destruction, they're bringing an economic boost to this British province, still healing from its past of political violence.

Fans of the HBO fantasy drama would recognize here the landscapes from the fictional land of Westeros — the castle of Winterfell, the seaside cliffs of the Iron Isles and the King's Road leading to the north. About 75 per cent of the show is filmed in Northern Ireland, both in natural settings and in the Titanic Studios in Belfast.

Since the pilot episode began filming in 2009, attracted by the local government's financial incentives, the show's presence has helped foster a film industry that is catching the eye of other Hollywood productions. And Northern Ireland is taking advantage of the attention by promoting the filming locations as tourist destinations.

Tourists pose for photographs on the North Antrim Coast, close to Carrick-a-Rede Rope Bridge and Larrybane headland. Larrybane was the dramatic spot chosen for Renly Baratheon's camp in Season 2 of Game of Thrones. THE ASSOCIATED PRESS FILE

The latest — and perhaps most illustrious — visitor is Queen Elizabeth II, who will tour the studio sets on Monday. But thousands have already been visiting from across the globe.

Cara and Tom Collins from Springdale, Ark., were in Ballintoy Harbour recently to see the rocky coastal setting used in the show for the Iron Isles, a kingdom of rugged sailors.

"You can just close your eyes and picture everybody there," said Tom.

THE ASSOCIATED PRESS

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CRACKING DOWN ON CHILD PORN

URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

It is mind-boggling, really, to think that somewhere out there, possibly even next door, are people who somehow feel justified collecting child pornography.

What is more unsettling is the length some of these people will go in order to share this indecency.

To prey upon children is, perhaps, the lowest form of cruelty.

Last week at a news conference in Dartmouth, N.S., RCMP revealed that more than 150 people in Canada have been arrested or are under investigation as part of a national operation targeting alleged child sex offenders.

The Saskatchewan Internet Child Exploitation (ICE) Unit was involved in the investigation and launched 15 related probes.

ICE executed 12 search warrants throughout Saskatchewan, leading to 33 Criminal Code charges.

In this province, 11 people have been charged — several in Saskatoon, one in Regina, one in Moose Jaw, others in small communities.

Five children have been rescued since the operation began in February, the Mounties said.

More than one million images were seized, some involving infants.

For Regina police Staff Sgt. Ron Weir, provincial ICE coordinator, the reality of the sadistic alleged offences on children was settling in after the news conference.

"It's disturbing there is so much out there that we have to deal with," Weir said from Nova Scotia.

"We all have been dealing with crime scenes all of our careers. What makes this more difficult is that we have children involved — absolutely innocent children."

National operation targets child sex offenders

In this province, 11 people have been charged (with offences related to child pornography) — several in Saskatoon, one in Regina, one in Moose Jaw, others in small communities.

The enormity of this seems incomprehensible. Even grasping the notion that this happens is nearly impossible.

The task force members likely go home each night and look at their children. It's impressive that these members can do their jobs as efficiently as they do.

We need to thank our task forces for working above and beyond in an attempt to stop this plague.

ZOOM

He's not just an ugly face

Peanut, a two-year-old mutt, "smiles" after winning the World's Ugliest Dog Contest, at the Sonoma-Marin Fair, in Petaluma, Calif. GEORGE NIKITIN/THE ASSOCIATED PRESS

Bulging eyes + big heart = winner

Meet Peanut, a sweet, energetic mutt, whose wild white-and-brown hair, bulging eyes and protruding teeth helped him clinch the title of World's Ugliest Dog in Petaluma, Calif., over the weekend.

Although Peanut is healthy now, he was seriously burned as a puppy, resulting in bald patches all over his body.

THE ASSOCIATED PRESS

Homely champ to raise awareness

His owner, Holly Chandler of Greenville, N.C., hopes Peanut's victory will help raise awareness about animal abuse.

"We're trying to use him as a poster child for what can happen to animals who are abused," she said.

She plans to use the $1,500 US prize to pay for other animals' veterinary bills. THE ASSOCIATED PRESS

Top-dog winning combo

- The dogs are scored by a three-judge panel in several categories, including special or unusual attributes, personality and natural ugliness.
- Past winners include a duck-footed beagle, a boxer-basset hound mix with a waddle, a Chinese crested and chihuahua mix with a protruding tongue and a chihuahua with a missing eye and a camel's back.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 7 in Scene and page 14 in Sports

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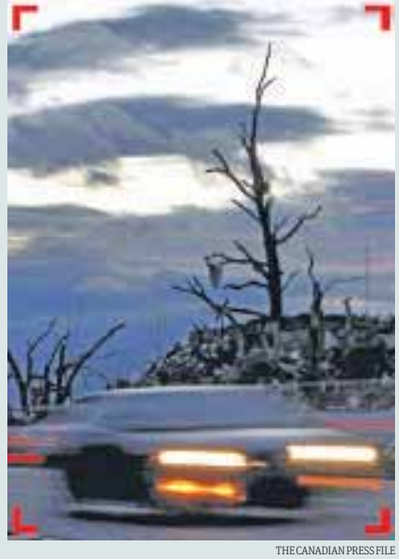
Storm chasing in South Dakota

ANDREW FIFIELD
andrew.fifield@metronews.ca

Last week was a rough one, tornado-wise, including in our own country, with a twister touching down in Angus, Ont. that damaged several homes.

But this South Dakota storm system captured by a vehicle full of adrenalin junkies last week takes the cake. Several bright white vortices twist and dance around one another, wreaking havoc on anything in their path — including a farm that gets torn to pieces around the three-minute mark. (TVNWeather/YouTube)



THE CANADIAN PRESS FILE

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Want to hear the stripper-inspired White Lilies? Scan the photo with your Metro News app to listen to the song!

High on life and in a Haze

Rap. Angel Haze sits down to discuss strippers, sexuality, polygamy and why women are better to date ... oh, and she talks about her music, too

RICHARD PECKETT
Metro World News in London

22-year-old rap phenom Angel Haze is ready to move on from her past. CONTRIBUTED

Rapper Angel Haze is making the media as excitedly fidgety as a room of schoolboys who've stumbled upon a top-shelf mag. She's dating a girl. And she's a celebrity. It's Ireland Baldwin, the daughter of Kim Basinger and Alec Baldwin, which would make the "best of girl-on-girl lovers" lists in the tabloids, if such a thing existed.

Haze — real name Raykeea Angel Wilson — is happy for the press to have a field day with it. She's in a good place right now and is keen to move on from divulging the details of a frankly dismal childhood, when she was a victim of rape at the hands of so-called family friends. The 22-year-old Detroit native says she's ready for some "fun" with her next album, due out this summer, called Troubled Child.

Unlike her well-received but weak-on-sales debut album Dirty Gold, this one won't be leaked. Haze, who is on a Mary Jane high, talks strippers, sexuality and social media.

You've been teasing the press and public with images of you and Ireland Baldwin on social media. But before we get to that, why did you make a track on your debut album Dirty Gold about a different girl ... a stripper?
Oh my god, the girl from (music track) White Lilies. She's beautiful!

What made her so special?
She's beautiful. I was obviously wasted and I wanted to experiment and learn things. I think at the time it was interesting to meet someone and not know anything about them or the stripper life, which you hear a lot of people talking about it, but you don't really know about it until you experience it.

In terms of your own life, the lyrics from your EP and Dirty Gold seem to be quite cathartic. Have you moved on from that stage in your life now?
Yeah, definitely. I didn't realize that until I was doing some interviews early this morning, and I was completely exhausted by talking about my past. I was like an 18-year-old girl who had no clue that the world was paying attention and I was just making music because it was cathartic and a release for me and none of the other stuff mattered. Obviously it doesn't mean anything to me anymore, so talking about it is like beating a dead horse. Now all of the other stuff matters: I've decided to have fun and I'm appreciative where I've landed in my life.

Your music connects with, amongst others, troubled young children. Do you see yourself as a role model?
I don't feel like a role model because that means I would do everything that I knew was right and I'm like a f—k-up.

Are you more 'real' and tangible?
Yeah, definitely but lots of people would disagree. Some people would think I was a whore or something — my friend over here is like 'uh huh' (laughs). It's cooler to just be real about it — it's not a fairy-tale life.

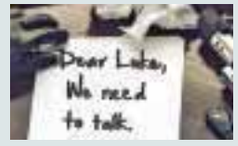
Do you feel like you're changing rap's attitude toward sexuality?
Oh, because I'm like openly queer or whatever? I suppose so, but I don't think people get it still. ... But I think I have female privilege because no one takes it seriously when it comes down to me. They're like, 'She's bisexual.' It will take someone bigger to change rap's attitude, but not me.

Are you a clingy kind of girl when it comes to relationships?
Nooo, I'm the entire opposite: I'm what people refer to as a 'thot.' I don't really do committed relationships, ever. It's insane if you find me in one. I'm usually very open ... a polygamist.

Who's better to date: girls or boys, and why?
I think girls are better than guys, but that's just me.

What! Why?
We're smarter than you guys, more fun, and we smell better.

Ebooks



Dear Luke, We Need To Talk, Darth

By. John Moe

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
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This collection of humorous memos, letters and text messages imagine the off-screen interactions of our favourite movie characters, where the shark from Jaws keeps a therapy diary and the Walking Dead zombies commiserate together online. Clever logos and fonts complete the inventive gags for Don Draper's self-reflecting cocktail recipes and an exasperated court-ordered letter from Dora the Explorer's mom.

Game of Thrones

Upcoming season to be strongest yet: co-creators

Some Game of Thrones fans are wondering if the show's next season might lack a little punch. But show co-creators David Benioff and Dan Weiss tell Entertainment Weekly: "Now that we're nearly finished with the first drafts of each episode, we see no reason why the coming season shouldn't be the strongest yet." THE CANADIAN PRESS

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Lana Del Rey ALL PHOTOS GETTY IMAGES

Born To Die singer angry about journo's 'leading questions' on death

Lana Del Rey apparently isn't too thrilled with the Guardian running with her "I wish I was dead already" quote and turning it into a story.

The singer took to Twitter to complain in a series of tweets that she later deleted. "I regret trusting the Guardian. I didn't want to do an interview but the journalist was persistent," she posted about her chat with Guardian music critic Alexis Petridis for an article written for the newspaper by Tom Jonze. "Alexis was masked as a fan but was hiding sinister ambitions and angles. Maybe he's actually the boring one looking for something interesting to write about. His leading questions about death and persona were calculated." For the Guardian's part, Jonze responded by posting the original audio of the interview. "It's not pleasant asking a pop star if she thinks the idea of dying young herself is attractive. It's a dark question, but it's not a leading one," he writes. "She has every opportunity to say no. And she can hardly complain about the subject matter. She'd been talking about her icons all dying young (and) she named her debut album Born to Die."

METRO WORLD NEWS

Megan Fox planning to make fewer movies, spend more time with family

Megan Fox

Now that Megan Fox has a two-year-old and a four-month-old at home to think about, she's kind of souring on the whole show business thing.

"I've never been an extraordinarily ambitious girl or career-oriented, but especially once I got pregnant with my first son and now (having) my second, it's so hard to be a working mom especially when your heart is not in your work, when your heart is with your family," she tells Parents magazine, explaining that for now, she's looking to work only as much as is necessary.

"I have to make one movie a year because I have to invest in their future and I have to be able to pay their way through college and be able to provide for them. I'm looking for movies that will shoot in Los Angeles, for projects where I'm part of an ensemble so I can shoot in and out in 10 to 20 days. It's all about trying to spend as little time away from my kids as possible."

METRO WORLD NEWS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Find Mr. West to direct you to little North

STARGAZING
Malene Arpe
scene@metronews.ca

Kim Kardashian and Kanye West threw a big birthday party for their daughter North West, who turned one. Regrettably, some of the guests got lost due to the directions on the invite: "For North West go south-southeast, then south, look for Mr. West who will guide you to little North. P.S.: If the party goes south, look for exits marked 'This way away from North West.'"

This Week in Names: 1) Jenna Fischer's new baby's name is Harper Marie. 2) Kelly Clarkson's new baby is named River Rose. 3) The name Elsa is climbing in popularity thanks to older siblings who pester their parents to name their baby sisters after the Frozen heroine. 4) Kit Harington who plays Jon Snow on Game of Thrones, says his parents didn't tell him that his real name is Christopher until he was 11. In other words, he knew noth... (Let it go. The season is over. Just let it go.)

Taylor Swift has reportedly dumped Selena Gomez as a friend because she's tired of hearing about her problems with Justin Bieber. Despite Taylor's best efforts, she hasn't even been able to write a song about it.

Harrison Ford will spend a long time recovering from an ankle injury sustained on the set of Star Wars VII. It will be eight weeks with normal hospital treatment and bed rest, two weeks if he can be convinced to have his leg frozen in carbonite.

Prince William

Prince William and family to travel in luxury aboard British Heirways chopper

What do you get for the birthday boy who's going to eventually rule everything — in England at least?

Queen Elizabeth II reportedly celebrated Prince William's 32nd birthday by leasing him and his young family a $13.6-million luxury helicopter for getting around the country, according to Sky News. The craft can hold up to seven passengers in leather-seated comfort and can fly a maximum distance of 530 miles in one trip. The chopper has already been affectionately nicknamed Heirforce One, according to Sky. METRO WORLD NEWS

A Sting-ing revelation for the kids of former Police frontman

Pop icon Sting says his children won't be getting trust funds from his vast fortune, assuming there's any money left in it.

The 16-time Grammy Award winner and former frontman of The Police told The Mail on Sunday that the vast wealth would be "albatrosses" around the necks of his six children.

The singer-songwriter, who grew up in a shipbuilding community in northeast England, says he told the kids, "There won't be much money left because we are spending it!"

Sting

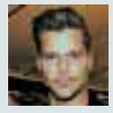
Sting's wealth was estimated at about $306 million US by the Sunday Times Rich List.

THE ASSOCIATED PRESS

Twitter

@Joan_Rivers
I hear Shakespeare in the Park is doing King Lear, but with a NY twist. He now dies after being mugged and stabbed.

@TomArnold
I have to make a decision because I can already see that telling my baby no is potentially doing irreparable damage to our best friendship.



@ricky_martin
If you're waiting for a sign, this is it.

With all 'I do' respect, keep your own financial identity

Couple's money. The best route to a strong marriage is to work as a team, but keep your accounts separate

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

The strongest couples are those who can stand on their own two feet financially, our columnist says. ISTOCK

It's not unusual for two people who are *very* different in how they see and manage money to hook up before they've talked about those differences. Then instead of just being a tool, money becomes something they fight about.

I meet people all the time who want to beat me up because I advocate financial independence within couples. "C'mon, Gail, marriage means you have to be a team." "Yeah, it's about trust." "Just because you've been divorced three times doesn't mean we're all headed that way."

Y'know what? They're all right. Every one of them has a point. But nothing they've said has changed my mind. I believe with all my heart that to be strong as a couple, you each have to be capable of standing on your own two feet financially.

Planning a family?

Being on the same team means you're going to set your goals together and help each other meet those goals. If one of those goals is to have a family, then together you have to decide how you will provide care and money to take care of that family. If one of you decides to stay home, that doesn't mean the money-maker gets to make all the decisions about how the money gets spent or abdicate home-care responsibilities. But so often, that's exactly what happens.

It also often happens that the non-working partner ties themselves completely to their mate financially. They share a bank account; there are no individual accounts. They share credit. One may even give up his or her financial identity completely. It isn't healthy. And many a divorcee or widow comes to regret it.

Being financially independent isn't a precursor to or acknowledgement of the fact that your relationship will end unhappily. To be good for each other and strong together, you each need to be taking care of the money — individually and as a team — and you each need your own financial identity.

You must each be clear about what you need, want, and expect from your relationship.

And it can't just be clear in one person's mind. You have to talk about it, negotiate the grey areas, and come to a happy place where you're each getting some of what you want.

Stay-at-home partner

For those couples who have one stay-at-home partner, it is important that person have their own bank account, credit card and savings; yes, accounts in his or her own name. Sure, you're a team, but all that teamwork doesn't do you the least bit of good if the working partner leaves the other partner with no financial identity. Don't confuse having money with having a financial identity; they are not the same thing. Besides, why should the stay-at-home partner be any less financially sound in their own right if you've agreed on this strategy for your family?

A bank account will create a record of money management. Savings will not only help you prepare for the future, it will signal the right financial behaviour. And a credit card — not a joint card or a supplemental card — will create a credit history.

Don't think that because you're both signed on the mortgage or on a line of credit together your credit histories are being built equally. That's a common misconception. Typically the credit history is reported only for the first signature on the application, so one of you may have no credit history whatsoever. Divorce or death is a tough enough thing to deal with; finding out you're a financial non-person doesn't make it any easier.

Getting back into the loop

So what if your partner has been out of the loop and now needs to get with the financial program? Having a jointly created plan on paper gives you a starting point for discussing how you're managing the money. While you want your mate to have a sense of the big picture, a detailed budget will help him or her see how all the pieces fit together. Your aim is to share your joint financial responsibilities even as you manage your personal financial identities.

Assuming responsibility for your own financial independence is scary for some people. That idea of independence makes some people want to duck and hide behind words like love and trust and honour and team. But independence doesn't negate any of those things. It enhances them because each day you're choosing to be together, not defaulting to togetherness because you're trapped.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Parental ties. Secure kids create better friendships

Not only do strong parent-child bonds mean that kids are more likely to be attentive to friends, they're also more assertive in the face of difficult peers, say researchers at the University of Illinois.

Researchers observed the interactions of pairs of peers in a series of three visits over a period of one month.

Those with strong bonds to their parents reacted positively in the first meeting of their new friend and were attentive even if the other child was likely to react in anger.

Yet if the new peer partner reacted in anger, children with strong bonds to their parents lost enthusiasm for the friendship.

The study was published in Developmental Psychology. **AFP**

No CAD skills required

3D printer for kids keeps it simple

Mission Street Manufacturing has created a playful printing machine just for kids that is part toy, part educational tool. Printeer aims to "bridge the gap between the screen and the physical world" by letting children sketch their designs out on an iPad before manufacturing them. **AFP**

Meeting goals. Kids with freer schedules do better

Limiting structured activities allows kids to establish interests and self-discipline, according to a new study at the University of Colorado Boulder, one of the first of its kind.

The study, published in the journal Frontiers in Psychology, says that kids who spend time reading, playing or exploring nature in the absence of predetermined structure are more proactive than those whose parents pack their schedules with lessons and study sessions.

They are also better able to meet their own goals than those who are carted from one pre-organized activity to another outside of school and homework, say researchers. **AFP**

Learning as long as you're living may be the best course of action

Class is in session ... again. Startup founder takes 30 classes in 30 days to encourage perpetual education

LAKSHMI GANDHI
Metro World News

Over 1.5 million college students graduated this year, packing away their books and embarking on their life adventure in the real world.

A recent study by the Jenkins Group reveals that nearly half of the class of 2014 will never read a book again. Chad Lovell wants to change that. Lovell is the co-founder of AllClasses.com, a search engine that lists available classes all over the world. Lovell is currently taking 30 classes in 30 days in order to encourage life-long learning. We recently caught up with Lovell as he was heading home from a busy afternoon at class.

It's unquestionable that taking on a class can provide great nourishment for your noggin. ISTOCK

How was class today? What did you end up taking?
I took a class on day trading stocks and trading options. I've done a little trading on my own, so I was a little skeptical going in (about whether I would learn much). But we were talking about stuff we can do and all of the different options. I'm learning new stuff all of the time. Every class I go to, I tell people what I'm doing and they say, 'That's awesome.'

How did you pick the classes you would take over the course of the month?
I wanted it to be something that benefits me and that would add value to my business. Half of the classes are concentrated on professional development. I'm also taking classes for my personal benefit. I started power lifting and working on core strength last year, and I'm taking a pole fitness class, which is interesting because I'm often the only guy there.

How did you to come up with the idea for the 30 in 30 Learning Challenge?
I've always been an intellectually inclined person. The world around us is accelerating, and it's changing faster and faster. If you don't invest in yourself, you are going to be left behind.

The human race

"The world around us is accelerating, and it's changing faster and faster. If you don't invest in yourself, you are going to be left behind."

Chad Lovell
Co-founder of AllClasses.com

What have you learned personally while doing the project?
Learning is invigorating. It is a bit exhausting running a company and taking all of these classes at the same time, but I am trying to show people that it is possible and that it's important to invest in yourself.

Your company AllClasses lists all sorts of courses and learning opportunities. What are the topics people seem to be interested in the most?
It's all across the board. We have 3,000 different topics that people search for. Coding classes and programs like Javascript are popular. Our users are also really interested in marketing classes.

What's the best reason to take a class?
No one likes to be boring. … It makes you more interesting. I'm taking a CPR certification class too, and that could potentially save a life.

'Round the world wisdom

Changing your future can change your present

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Have you ever noticed how looking at a future holiday in your calendar can completely shift your mindset in the present?

A look forward unlocks our imagination and sets a plan in motion, resulting in new actions and a refreshed state of mind. Why not do the same with our careers, our relationships, or our lives?

If the life trajectory we are on is no longer inspiring or nourishing, the good news is that by inserting a challenging project in our future, the present will immediately shift and our trajectory will forever be changed. Not only will our lives be altered when we reach the completion of the project — revealing new avenues that are hidden from us at present — more important, the project will change the present, too.

For example, when I signed up to run the Gobi desert, the training helped me build my level of resilience which in turn shifted how I related to the 2009 recession. Before, the recession had been an event to survive. Through the Gobi, it became an opportunity to thrive.

You can rock at life as long as you learn to set your sights on success. ISTOCK

Completing the race itself resulted in two unforeseen gifts: I wrote a book called Gobi Runner detailing the journey, and then started sharing the Gobi story on the speaker's circuit. While neither of these developments was planned, my day-to-day life was forever changed.

Most of us decide to change the course of our lives only when something goes wrong. Why wait? Taking on new challenges can be uncomfortable, but it is possibly the most effective way to instead give ourselves a future to step into today.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Put the 'reward' back in reward program

Research loyalty programs to optimize your points

ISTOCK IMAGES

Who doesn't love getting what you want — when you get it faster? Finding the right loyalty program — one that gets you the rewards you want — can be complicated, especially when credit cards are factored in.

Whether you are looking for a new card or just curious to see how your current credit card stacks up, it can be difficult and time consuming to get an apples-to-apples comparison of what is available from various providers and how well they might work for you. While selecting a program still requires you to do a little research, a free, online tool is here to help. Compareloyaltyprograms.ca enables Canadians to assess which loyalty programs and affiliated credit cards might get them to their desired reward fastest.

"It's all about the reward. Take a step back and consider what you're looking for — whether it's cash back, merchandise or flights — and then research which programs and cards could get you there faster," say Susan Misner and Laura McDonald, founders of Golden Girl Finance, a site offering financial education in a modern, engaging way to encourage everyone to play a more active role in their finances.

"Where you live, your shopping habits and spending patterns mean that there isn't one program that fits all, so a tool like Compareloyaltyprograms.ca really offers a new perspective."

CONTRIBUTED

REWARDS ARE A PERK BEST SERVED FAST

Flights, merchandise or cash equivalent rewards: it doesn't matter what type of reward you're working towards, you likely want it faster, according to a new poll by Environics Research Group. Results show that earning rewards faster (42 per cent) and having more opportunities to earn loyalty points (40 per cent) are priorities for Canadians in their loyalty programs.

Even with speed being top of mind, comparing programs based on time to reward has been difficult to do before now.

"The Environics research has shown that credit cards can play an important part in earning rewards faster: double-dipping, or using a loyalty program card and paying with an affiliated credit card, offers the fastest time to reward," say Misner and McDonald. "And don't forget: a program that gets you to your rewards faster is one that will keep you happy."

CONFUSION CAN MEAN MISSED REWARDS

Navigating the loyalty program landscape in Canada can be challenging with so many programs and opinions to sort through. According to the Environics poll, the majority of consumers who participate in loyalty programs believe that they can be confusing (almost six in 10 Canadians). Of those, three-quarters (76 per cent) say they are less likely to use a loyalty program if they are confused by how it works — meaning many of us are simply missing out on rewards.

Sources of confusion include not knowing how to redeem points or miles for a reward (39 per cent), not knowing which program is best for them personally (37 per cent) and not knowing how or where to earn reward points or miles (24 per cent).

With a tool such as Compareloyaltyprograms.ca on your side, you have a unique, level comparison of the top loyalty programs and affiliated credit cards in Canada.

Answer a few simple questions based on your preferences, location and personal spending habits and up to three loyalty programs will be suggested as possible matches for you.

From there, it's up to you to select the right program for you.

Commissioned by COLLOQUY, a LoyaltyOne Research Group, Environics Research Group developed a methodology and online comparison tool that allows consumers to determine which rewards programs get them to the rewards they want as quickly as possible, based on their individual shopping patterns, program features and attributes. COLLOQUY has also provided financial compensation to Golden Girl Finance for promotion of the research and online tool.

LOYALTY PROGRAM TIPS

IF YOU CHOOSE TO USE YOUR CREDIT CARD TO PAY FOR YOUR PURCHASES AND EARN LOYALTY PROGRAM POINTS, A FEW TIPS CAN HELP YOU MAXIMIZE THAT SPENDING AND GET YOU TO YOUR REWARD FASTER:

USE COMPARELOYALTYPROGRAMS.CA: It can help you research reward programs and affiliated credit card options to get you to your reward sooner.

USE CREDIT CARDS RESPONSIBLY: Spend responsibly and be sure to read the fine print on any credit card you shortlist — if you are not paying off the balance every month or if the annual fee is high, you are not going to be rewarding yourself.

RESEARCH YOUR OPTIONS AND UNDERSTAND WHAT YOU'RE SIGNING UP FOR: Do your own research — do not assume others' opinions about certain cards or programs are 'right' for you.

DOUBLE-DIP: You will maximize earnings by using your credit card with the corresponding loyalty program where possible — that means shopping at program-affiliated stores and paying with the affiliated credit card. Earning rewards points this way adds up faster than you might think.

FOCUS ON YOUR FAVOURITES: Focus your spending on one or two loyalty programs — targeting your earning on just one or two programs will ensure you reap the most rewards, whether it's flights, cash back or merchandise.

This recipe makes six servings. ROSE REISMAN

Hoisin sauce makes meat sub sublime

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

How often do we drive to a sub shop and grab a variety of these tasty foot-long sandwiches? They're inexpensive, quick to buy and incredibly tasty. But if you lift up the bread you usually won't find the healthiest mix of ingredients. Preserved, nitrate-filled deli meats and loads of mayonnaise or "secret" sauce on a heavy, non-nutritious roll. Not exactly a healthy choice. A regular meatball 6-inch sub has around 500 calories, 20 gm of fat and over 1,000 mg of sodium.

My hoisin meatball sub comes to the rescue with about half those numbers, making it a much healthier choice. These homemade hoisin meatballs are made with lean beef, freshly sautéed onions, mushrooms and red peppers, and are served on a whole wheat bun with a tasty hoisin sauce drizzled over top. This is not only delicious, but will save you those excess calories, fat and sodium.

Serve this for lunch or a casual dinner with a side salad.

Make ahead

Make the meatballs and stir-fry early in the day. Gently reheat the meatballs in a 300 F oven for 10 minutes, reheat the stir-fry and assemble.

Ingredients

Sauce mixture
- 1/4 cup low-sodium soy sauce
- 1/4 cup hoisin sauce
- 2 tsp chopped garlic
- 2 tsp chopped ginger
- 5 tsp sesame oil
- 5 tsp rice vinegar

Meatballs
- 1 lb lean ground beef
- 1/4 cup unseasoned dry bread crumbs
- 1/4 cup chopped green onions
- 3 tbsp chopped fresh cilantro or parsley
- 1 tsp minced ginger
- 1 tsp minced garlic
- 1 egg

Vegetables
- 1 1/2 cups sliced onions
- 2 cups chopped mushrooms
- 1 1/2 cups sliced red bell pepper

Submarine buns
- Six 4-inch whole wheat submarine buns sliced in half

Garnish
- 1 tsp toasted sesame seeds

Directions

1. Combine the soy sauce and hoisin sauce, garlic, ginger, sesame oil and vinegar. Set aside.

2. Combine the beef, bread crumbs, onions, cilantro, 2 tbsp of the hoisin sauce, ginger, garlic and egg until well combined. Make into small 1-inch balls (about 36). Brush with some of the remaining hoisin sauce. Bake at 400 F for 12 minutes or just until cooked.

3. Sauté the onions in a non-stick skillet sprayed with vegetable oil until tender. Add the mushrooms and sauté until soft; add the bell peppers and sauté until tender. Add 3 tbsp of the sauce.

4. Toast the submarine buns. Divide the meatballs overtop the buns and add the sautéed vegetables. Drizzle remaining sauce mixture overtop and garnish with the sesame seeds. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

FLASH FOOD

From your fridge to your table in 30 minutes or less

Bright berries and baby kale take a citrus splash

Kale, Spinach, Raspberry and Goat Cheese Salad. To make ahead, prepare salad early in the day, dress just before serving

The combination of kale and spinach in a salad gives you a powerhouse of nutrients. They are both high in iron and fibre. Kale wins in vitamin C with just one cup having close to 85 per cent of your daily requirements. They're both excellent greens to have in your diet. The fresh raspberries, crunchy almonds and creamy goat cheese make the perfect combination along with the citrus cider vinaigrette. This makes a perfect side salad or serve as a main with some grilled chicken or fish.

Ingredients

Salad
- 4 cups baby spinach
- 4 cups baby kale
- 1/2 cup thinly sliced red onion
- 1 cup fresh raspberries
- 1/3 cup chopped almonds
- 1/2 cup crumbled goat cheese

Dressing
- 1 1/2 tbsp cider vinegar
- 1 tbsp olive oil
- 1 tbsp apple or orange juice concentrate
- 1 tsp (5 mL) brown sugar
- 1/2 tsp (2.5 mL) chopped garlic
- 1/2 tsp (2.5 mL) Dijon mustard

Directions

1. To make the salad: Place the spinach, kale, onions, raspberries and goat cheese in a large serving bowl.

2. To make the dressing: Whisk together the cider vinegar, olive oil, juice concentrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped nuts. **ROSE REISMAN**

This recipe serves six. ROSE REISMAN

MLB

Blue Jays flying low after getting hosed on the road

Johnny Cueto pitched eight effective innings and the Cincinnati Reds beat Toronto 4-3 Sunday after Blue Jays stars Brett Lawrie and Jose Bautista exited early because of injuries.

Lawrie sustained a broken right index finger when he was hit by a pitch in the second. The team didn't immediately announce how long the infielder would be out.

Bautista left because of tightness in his left leg. The All-Star outfielder had a single and a sacrifice bunt before leaving.

Cueto (7-5) gave up three runs — one earned — and leads the NL with a 1.86 ERA. He gave up seven hits and struck out eight while winning his third straight start. THE ASSOCIATED PRESS

Jose Bautista GETTY IMAGES

Women's Open

Michelle Wie wins first major

Michelle Wie bounced back from a late mistake at Pinehurst No. 2 to bury a 25-foot birdie putt on the 17th hole. That sent the 24-year-old from Hawaii to her first major championship Sunday in the U.S. Women's Open.

She closed with an even-par 70 for a two-shot victory over Stacy Lewis, the No. 1 player in women's golf who made Wie work for it by making eight birdies in a round of 66.

Sixteen-year-old Brooke Henderson of Smiths Falls, Ont., shot a 69 in the final round to finish in a tie for 10th place.

THE ASSOCIATED PRESS

Michelle Wie GETTY IMAGES

Riders begin work on repeat winner

CFL. Receiver Etienne, linebacker Isaac among final cuts for Roughriders

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The Saskatchewan Roughriders have begun their quest to become the first team in franchise history to successfully defend a Grey Cup title.

The Riders wrapped up one of their most wide-open training camps in recent memory this past weekend, by announcing their final roster cuts in advance of their regular-season opener at Mosaic Stadium on June 29 against the Hamilton Tiger-Cats — a rematch of last November's CFL championship tilt in Regina.

Non-import receiver Jade Etienne — acquired from the Winnipeg Blue Bombers in the off-season in a trade for former Rider quarterback Drew Willy — and veteran import linebacker Brandon Isaac were among the most high-profile last cuts as Saskatchewan seeks to plug gaps left by departures of key players.

"Brandon Isaac … was probably the biggest back-and-forth we had," general manager Brendan Taman told reporters on Sunday, adding that cutting Etienne was another difficult decision.

Taman noted that there might be a couple of adjustments before the season, with some players axed potentially resurfacing on the practice squad that will be finalized on Tuesday.

Roughriders general manager Brendan Taman addresses the media on Sunday after the team made its last roster cuts in advance of its regular-season opener at Mosaic Stadium on June 29 against the Tiger-Cats. MARCO VIGLIOTTI/METRO

Brandon Isaac
TORSTAR NEWS SERVICE

The drive for a repeat championship began on a sour note for the Green and White when star running back Kory Sheets left the team shortly after the Grey Cup game to sign with the National Football League's Oakland Raiders. As well, receiver Weston Dressler has been picked up by the NFL's Kansas City Chiefs.

The departure of the electric Sheets, Taman acknowledges, has left the biggest hole in the Riders' roster with no clear successor to take over the running game.

"Obviously our running backs are a work in progress," he added.

Delivering a lot of bad news

26

In total, the defending Grey Cup champions released 26 players over the weekend.

Reliable Ekblad ready for NHL

Aaron Ekblad may be the most mature 18-year-old hockey player on the planet.

"Not only does he have a 30-year-old's physique under his equipment, but he also thinks and acts like a 10-year NHL vet," said Dan Stewart, scouting director for the independent scouting service Future Considerations.

Ekblad, a two-way, right-shooting defenceman, knows what he wants to be — not only in this week's NHL draft, but as a pro. He'd love to go No. 1 and continue to mould himself in the images of Shea Weber, Alex Pietrangelo and Duncan Keith.

More than anything, though, the Barrie Colts captain wants to be considered reliable on and off the ice.

"I don't do too many things that are going to surprise anyone," Ekblad said at last month's scouting combine. "I'm going to be the kind of player that you know what you're going to get from me."

Steady and dependable doesn't put butts in seats, but Ekblad isn't touting himself as a flashy kind of player. Instead, and more importantly, he has the potential to develop into a franchise cornerstone.

Because of that, the Belle River, Ont., native is the front-runner to be the top pick Friday night in Philadelphia, whether the Florida Panthers choose to keep it or trade it. Buffalo Sabres general manager Tim Murray said last week he expected Ekblad to go No. 1 regardless.

THE CANADIAN PRESS

Future NHL great?

"I wouldn't say I'm cocky, but I'm confident and I believe that if I work hard and I do all the little things and pay attention to details, I can be in that league next year."

NHL prospect Aaron Ekblad

4 SPORTS

Scan the image with the Metro News app for additional photos from Sunday's games

Belgium's Eden Hazard, left, is challenged by Russia's Dmitry Kombarov during their Group H World Cup soccer match in Rio de Janeiro, Brazil, Sunday.
CHRISTOPHE ENA/THE ASSOCIATED PRESS

Hard-pressed, but Belgium advances

Another late win. Rookie Divock Origi saves the day in the 88th minute.

Twice now, Belgium has relied on a late revival boosted by stamina and its bench to turn desperate situations around at the World Cup. On Sunday, it was teenager Divock Origi who turned a listless Belgian performance into a late 1-0 win over Russia, enough to qualify for the next round.

Belgium barely contained a reinvigorated Russia for most of the match, yet struck with a blistering late spurt of class and opportunism to turn a bad situation into a wild, fist-pumping celebration for coach Marc Wilmots and his team in the 88th minute.

"Why were we good in last 10 minutes? Simple — the others were tired," said Wilmots. "The Russians were so tired they looked at their feet, and it offered us chances to counter."

After its dour 1-1 draw with South Korea, Russia produced the kind of sparkle and dominance that had been more expected from Belgium in front of 73,819 increasingly restless fans at Maracana stadium.

With Belgian King Philippe looking on, substitute Kevin Mirallas hit a free kick against the post in the 84th minute, setting off the amazing turnaround. At first it appeared as if late flashes from Eden Hazard would only camouflage a dismal performance.

But then the playmaker made a move into the area on the left and spotted Origi free in the centre. A pinpoint pass from Hazard and a cool right-foot finishing from the 19-year-old Origi gave Belgium the victory.

"Nobody could have thought this possible," said Origi, who was only called into the squad because No. 1 striker Christian Benteke injured his Achilles in April. Most of Belgium barely knew of the talented young player developing quickly for Lille in the French league.

Belgium didn't play with any real authority for most of the game on a bright, sunny afternoon in Rio, confounding predictions that it should be one of the teams to watch at the World Cup.

Instead, it was Russia that applied most pressure in the second half and was let down by its blunt finishing touch. That helped give Belgian goalkeeper Thibaut Courtois his 100th professional clean sheet at age 22.

THE ASSOCIATED PRESS

Group H

Belgium	Russia
1	0

- The 19-year-old Origi made the squad only because No. 1 striker Christian Beneke injured his Achilles in April.
- Belgian goalkeeper Thibaut Courtois won his 100th professional clean sheet. He is 22.
- Belgian King Philippe was at the Maracana Stadium watching the match.

In injury time. Portugal gets a lifeline, denies U.S. spot in second round

Varela headed in an equalizer in injury time to salvage a 2-2 draw for Portugal against the United States at the World Cup on Sunday and deny the Americans a spot in the second round.

Cristiano Ronaldo swung in a cross from the right and Varela thumped a header into the net to keep Portugal alive in the tournament.

Clint Dempsey had given the U.S. the lead when he used his stomach to direct the ball into the net from a cross by Graham Zusi in the 81st minute.

Jermaine Jones had equalized for the Americans earlier in the second half, after Nani gave Portugal an early lead.

A win would have put the U.S. into the second round, but it can still advance with at least a draw against Germany in the next game.

THE ASSOCIATED PRESS

Portugal's Varela
GETTY IMAGES

Against South Korea. Algeria claims first World Cup victory since 1982

First-half strikes by Islam Slimani and Rafik Halliche helped Algeria to beat South Korea 4-2 on Sunday and become the first African team to score four goals in a World Cup match.

Algeria led 3-0 at halftime, but withstood a stronger South Korean second half performance to claim its first World Cup win since 1982 and move into second place in Group H with one match left to play.

Defeat for South Korea means it must now beat already-qualified Belgium to stand a chance of progressing to the knockout stages. Belgium leads with six points, Algeria now has three, while Russia and the South Koreans have one apiece.

"Our defence wasn't as good as it should have been," South Korea coach Hong Myung-bo said. "We will now do our best to the very end of the competition. That's the only option we have left."

THE ASSOCIATED PRESS

At halftime, 3-0

"The first period was almost perfect."
Algeria's coach Vahid Halilhodzic

Germany versus Ghana

FIFA told neo-Nazi invaded the pitch

FIFA will be advised on Monday that a neo-Nazi sympathizer invaded the pitch during the Germany-Ghana match.

The fans' anti-discrimination network, Fare, says it is preparing a report on Saturday's incident, when a shirtless fan interrupted play.

Slogans written on his chest and back included "HH", signifying Heil Hitler, and "SS," referring to the Nazi paramilitary unit. Fare executive director Piara Powar tells The Associated Press "there would be no other explanation for it."

THE ASSOCIATED PRESS

Ghana's Sulley Muntari helps a man off the pitch in Fortaleza, Brazil, Saturday. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
This will be one of those weeks when, if you sit back and relax, spend quality time with friends and just generally let things happen, life will be perfect in every possible way.

♉ Taurus
April 21 - May 21
Friends and relatives will do what you ask if you ask nicely. Also, if there is something you know they desire and you are in a position to get it for them then go for it.

♊ Gemini
May 22 - June 21
This is potentially one of the best days of the year for you as Venus moves into your birth sign. Good things will come at you from all directions, which may be overwhelming.

♋ Cancer
June 22 - July 23
No matter how bad your current situation might appear to be, don't make an issue of it. Something positive is about to happen in your life but to make the most of it you must be positive too.

♌ Leo
July 24 - Aug. 23
Friendships are under excellent stars today, so if you are bored with your home life or your work seek out people who make you feel glad to be alive.

♍ Virgo
Aug. 24 - Sept. 23
Venus, planet of harmony, crosses the career angle of your chart today, so you should find it a whole lot easier to get your way with people in positions of power. By the end of the day they will be eating out of your hand.

♎ Libra
Sept. 24 - Oct. 23
You will be in an adventurous mood and that's good because the planets suggest if you go where you have never been before you will meet someone who lights up your life.

♏ Scorpio
Oct. 24 - Nov. 22
You may be a bit touchy where money and possessions are concerned but the planets indicate you have precious little to worry about, so lighten up and believe that it will all come right in the end.

♐ Sagittarius
Nov. 23 - Dec. 21
Everyone seems to be singing your praises but your number one priority should be helping someone else feel special. A loved one is feeling a bit neglected, so go out of your way to spend time with them.

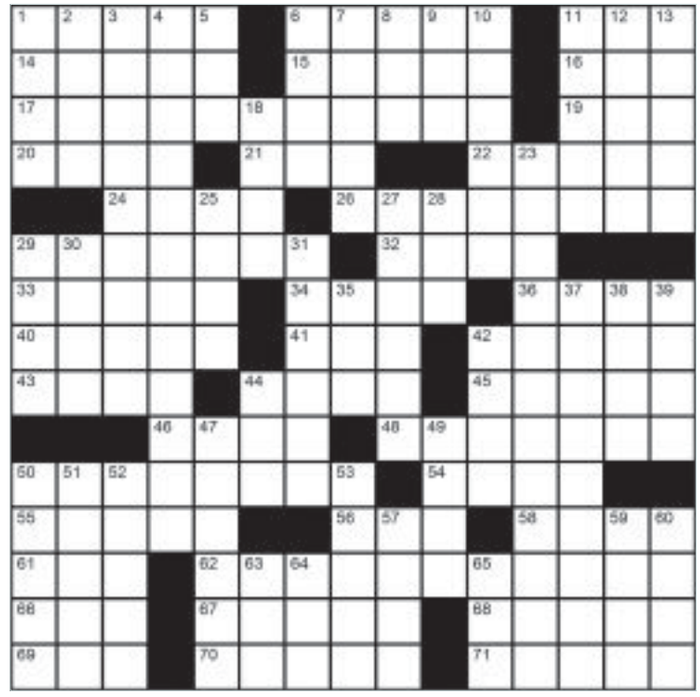
♑ Capricorn
Dec. 22 - Jan. 20
Try not to make too much of a fuss if someone with whom you live, work or do business makes a mess of what they do today. Make allowances and make sure, if it's important, you do it yourself next time.

♒ Aquarius
Jan. 21 - Feb. 19
Venus, planet of harmony, moves into the most creative area of your chart today, so it's unlikely you will want to be too serious about, well, just about anything.

♓ Pisces
Feb. 20 - March 20
You may not agree with what a friend or family member is going to do but they have made up their mind about it so you might as well give them your support. SALLY BROMPTON

Crossword: Canada Across and Down

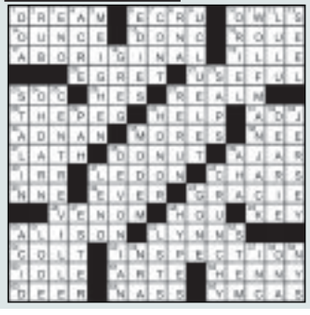
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Modern day witchcraft
6. "I shall never see _ __ lovely as..." - Joyce Kilmer
11. Guys
14. __ __ water
15. Greek holiday island
16. Chopper
17. Muskokas locale of the Bethune Memorial House National Historic Site of Canada
19. __-d'Or, QC
20. Not all
21. Li'l political title
22. Beatles: "_ __"
24. __-dieu (Praying furniture piece)
26. Edmonton: __-__, The Live Improvised Soap Opera
29. Toronto attraction, Ontario __ Centre
32. "More after!", texting-style
33. Wear away
34. __ Ness Monster
36. Recipe meas.
40. Paul McCartney's "___ Was Lonely"
41. "Nope."
42. Type of healing technique
43. "__ _ miracle!"
44. Split
45. Actor Alan
46. Actress Teri
48. Kate Middleton's title
50. Loonie's competition: acr. + wd.
54. Josh Groban's "You Raise __": 2 wds.
55. Russian pancake
56. Dawn goddess
58. Actress Ms. Thompson
61. Deplete
62. Vintage bathroom feature: 2 wds.
66. Toronto summer hrs.
67. Ancient myth's blood
68. Tea type
69. Napoleonic†Wars marshal
70. Turkish city
71. Tambourine, e.g.

Down
1. Mannequin manes
2. Small obi accessory
3. Edmonton nickname, 'The City of __'
4. Kind of horse-drawn transport at Remington Carriage Museum in Cardston, AB: 2 wds.
5. Consumed
6. Tooth complaint
7. Hammer
8. Ex-Bruin Bobby
9. Carmela's portrayer on "The Sopranos" ...her initials-sharers
10. Fletcher Christian's uprising
11. Singer Ms. Staples
12. Glorify
13. Ms. Furtado
18. Itsy-bitsy bit of a min.
23. Toronto-born actor grandfather (b.1883-d.1950) of actress Anjelica: 2 wds.
25. Bellybutton type
27. Scratched
28. Ordinal suffix
29. Quasi
30. 'Pluto' suffix (Rich ruler)
31. Alberta village, 'The Friendly Community'
35. Paddle
37. Cycling routes: 2 wds.
38. Water __ (Summertime gear)
39. Brooches
42. Track event
44. Li'l old MTV show
47. Singer Ms. Keys
49. "__, __, are you ready?" (Er, like, hurry up!)
50. Kelly Clarkson's "Since _ __ Gone"
51. England's "Run Runaway" band
52. Simple song
53. Took trophy back
57. Canadian cellist Ms. Harnoy
59. Couple
60. "Two guys walk into _ __..."
63. Math fractions acronym
64. '80s group
65. Sash

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	3		4	5				
	1		7				2	3
		4	8			7		
						2	6	1
3				6				7
2	7	6						
		9			5	1		
8	5				7		4	
				4	9		5	

Friday's Sudoku

1	4	8	3	2	6	5	7	9
7	6	3	5	9	8	2	4	1
2	9	5	1	7	4	3	8	6
4	3	2	7	6	1	8	9	5
9	1	6	8	5	3	4	2	7
5	8	7	9	4	2	6	1	3
6	5	1	4	8	9	7	3	2
3	7	4	2	1	5	9	6	8
8	2	9	6	3	7	1	5	4

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